



Caramel French Toast

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 12 slices bread
- 1 cup brown sugar
- 0.5 cup butter
- 2 tablespoons plus light
- 6 eggs beaten
- 1.5 cups milk
- 0.3 teaspoon salt

1 teaspoon vanilla extract

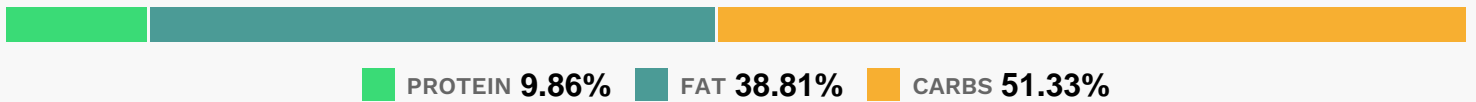
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Grease a 9x13-inch baking dish.
- Heat brown sugar, butter, and corn syrup in a saucepan over medium heat until thickened, about 5 minutes.
- Pour mixture into prepared baking dish and sprinkle with pecans. Arrange apple slices over pecans.
- Layer bread slices over apple in two layers.
- Whisk eggs, milk, vanilla extract, almond extract, and salt in a bowl; pour over bread and allow to set for 1 hour at room temperature or cover and refrigerate overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Uncover and bake in preheated oven until fluffy and golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:9.87, Inflammation Score:-4, Nutrition Score:8.7782608976831%

Nutrients (% of daily need)

Calories: 330.94kcal (16.55%), Fat: 14.42g (22.18%), Saturated Fat: 7.58g (47.35%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 41.56g (15.11%), Sugar: 28.59g (31.76%), Cholesterol: 127mg (42.33%), Sodium: 350.38mg (15.23%), Alcohol: 0.21g (100%), Alcohol %: 0.19% (100%), Protein: 8.25g (16.49%), Selenium: 18.89µg (26.98%),

Manganese: 0.43mg (21.25%), Vitamin B2: 0.26mg (15.31%), Phosphorus: 136.22mg (13.62%), Calcium: 123.46mg (12.35%), Vitamin B1: 0.17mg (11.49%), Folate: 41.53µg (10.38%), Iron: 1.83mg (10.17%), Vitamin B3: 1.97mg (9.84%), Vitamin A: 486.16IU (9.72%), Vitamin B5: 0.86mg (8.58%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.93µg (6.2%), Magnesium: 23.66mg (5.92%), Zinc: 0.88mg (5.85%), Vitamin B6: 0.11mg (5.7%), Fiber: 1.34g (5.38%), Potassium: 171.64mg (4.9%), Vitamin E: 0.62mg (4.15%), Copper: 0.08mg (4%), Vitamin K: 2.63µg (2.5%)